I claim:

1. A catch assembly for securing first and second members, the first and second members being movable relative to each other between open and locked positions, and being separated from each other by a narrow space when in the locked position, the assembly comprising:

first and second catch members attachable to the first and second members respectively, said first and second catch members being located in the narrow space between the first and second members,

said first and second catch members each comprising a shaft having a generally rectangular base and a generally rectangular height, said base having a free base end and an attached base end and said height having a free height end and an attached height end, said attached base end joined to said attached height end forming an "L" shape, said free height end terminating in a projection, the height of the first catch member being generally parallel to the height of the second catch member and to the first and second members in the locked position, wherein when the first and second catch members are in a locked position, said projection of the first catch member engages said projection of the second catch member and said projection of the second catch member engages said projection of the first catch member, and, when a prying member is inserted into the narrow space between either of the first and second members and one of said shafts to attempt to pry the first and second members to the open position, the narrow space between said first and second members increases and said projections flex towards each other enhancing the engagement of said projections in response to the insertion of the prying member,

wherein at least one of said first and second members slides relative to the other of said members and relative to said catch assembly, each of the first member and the second member is selected from the group consisting of a sliding door, a sliding window, a sliding grille, a drawer, a hinged door, a hinged window and a hinged grille, and

the shaft is capable of moving through at least 25° from a rest position during flexing.

2. A catch assembly according to claim 1, wherein the shaft of each catch member flexes away from the member attached to said catch member as the members are moved apart.

3. A catch assembly according to claim 1, wherein the catch members comprise metal or plastics.

4. A catch assembly according to claim 3, wherein the catch members comprise at least one of UPVC, aluminum, iron or stainless steel.

5. A catch assembly according to claim 1, wherein the shaft moves angularly as it flexes.

6. A catch assembly according to claim 1, wherein the shaft flexes such that the angle at the corner of the L is varied as the members are moved apart or together.

7. A sliding member assembly according to claim 1, comprising at least two first catch members located on opposing sides of the first member.

8. A hinged member assembly, comprising first and second members wherein the first member is a hinged member and is securable in a closed position to the second member, the assembly further comprising a catch assembly for securing the first and second members together, wherein the catch assembly is a catch assembly according to claim 1.

9. A hinged member assembly according to claim 8, wherein the first member is a hinged door, hinged window or hinged grille.

10. A catch assembly for securing first and second members, the first and second members being movable relative to each other between open and locked positions, and being separated from each other by a narrow space when in the locked position, the assembly comprising:

first and second catch members attachable to the first and second members respectively, said first and second catch members being located in the narrow space between the first and second members,

said first and second catch members each comprising a shaft having a generally rectangular base and a generally rectangular height, said base having a free base end and an attached base end and said height having a free height end and an attached height end, said attached base end joined to said attached height end forming an "L" shape, said free height end terminating in a projection, the height of the first catch member being generally parallel to the height of the second catch member and to the first and second members in the locked position, wherein when the first and second catch members are in a locked position, said projection of the first catch member engages said projection of the second catch member and said projection of the second catch member engages said projection of the first catch member, and, when a prying member is inserted into the narrow space between either of the first and second members and one of said shafts to attempt to pry the first and second members to the open position, the narrow space between said first and second members increases and said projections flex towards each other enhancing the engagement of said projections in response to the insertion of the prying member, further comprising at least two catch members arranged along a whole length of at least one of the first and second members, wherein at least one catch member is orientated in a first orientation, and at least one other catch member is oriented in a second orientation.

11. A catch assembly according to claim 10, wherein the first orientation is substantially opposite to the second orientation.

12. A catch assembly according to claim 10, comprising at least four catch members wherein at least two catch members are oriented in a first orientation and at least two catch members are oriented in a second orientation wherein the catch members of the first orientation are alternately arranged with the catches of the second orientation.

13. A catch assembly for securing first and second members, the first and second members being movable relative to each other between open and locked positions, and being separated from each other by a narrow space when in the locked position, the assembly comprising:

first and second catch members attachable to the first and second members respectively, said first and second catch members being located in the narrow space between the first and second members,

said first and second catch members each comprising a shaft having a generally rectangular base and a generally rectangular height, said base having a free base end and an attached base end and said height having a free height end and an attached height end, said attached base end joined to said attached height end forming an "L" shape, said free height end terminating in a projection, the height of the first catch member being generally parallel to the height of the second catch member and to the first and second members in the locked position, wherein when the first and second catch members are in a locked position, said projection of the first catch member engages said projection of the second catch member and said projection of the second catch member engages said projection of the first catch member, and, when a prying member is inserted into the narrow space between either of the first and second members and one

of said shafts to attempt to pry the first and second members to the open position, said projections flex towards each other enhancing the engagement of said projections in response to the insertion of the prying member, further comprising a lock member wherein the lock member is configured to move the first and second catch members into a locked position.

14. A catch assembly according to claim 13, wherein movement of the lock member affects movement of at least one of said first and second catch members.

15. A catch assembly according to claim 13, wherein movement of the lock member affects movement of at least one of said first and second members and at least one of said first and second catch members.